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NORDIC  
PHARMA

# RAadar

A newsletter to share best practice and promote collaboration in the management of patients with rheumatoid arthritis (RA) and juvenile idiopathic arthritis (JIA).

JUVENILE IDIOPATHIC ARTHRITIS NURSES

NORDiMET<sup>®</sup>

methotrexate





## ***Caring for JIA patients in a COVID world: responding to a unique set of challenges***

**Fiona Brown**

*Paediatric Rheumatology Nurse Specialist at Noah's Ark Children's  
Hospital for Wales, Cardiff*

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### ***Virtual consultations in paediatric rheumatology: a unique set of challenges***

In March 2020, the care of both adult and paediatric rheumatology patients changed significantly due to COVID-19. This created opportunities and challenges to delivering care for the Paediatric Rheumatology team. Fiona Brown, Paediatric Rheumatology Nurse Specialist at Noah's Ark Children's Hospital for Wales suggests that the benefits included new technology, including video consultations that could be remotely assessed. This was convenient for many patients as they did not have to travel to hospital appointments. Some of the difficulties and unique challenges included being unable to carry out a hands-on assessment and the absence of appropriate technology for some patients. Fiona experienced some particularly challenging interactions, with parents/carers having to chase toddlers around the house with a mobile phone during a consultation to try to assess an inflamed joint, or families being out on their daily walks and forgetting they had an appointment.

Although Fiona recognises the value of telephone and video consultations, she highlights the importance of a hands-on approach with paediatric patients. She suggests it is highly unlikely that post-pandemic, virtual consultations will replace face-to-face interactions at Noah's Ark Children's Hospital for Wales, although telephone consultations can be an efficient way of maintaining timely contact with stable patients.

Fiona is a keen advocate of social media and has used Twitter and Facebook to share important health information throughout the pandemic. The paediatric rheumatology team answer an increasingly large volume of patient enquiries via phone or email.

### ***Methotrexate (MTX), vaccinations and the importance of guidelines***

The paediatric rheumatology team at Noah's Ark Children's Hospital have received enquiries regarding seasonal influenza and COVID-19 vaccinations. Fiona explains that the key role of the team is to reassure patients and carers, and to provide clarity in line with the current Government guidance and the British Society for Rheumatology (BSR) recommendations.<sup>1-3</sup> The team have been able to reassure and direct families to the relevant information to support their decision.

### ***Subcutaneous MTX: the simplicity of Nordimet® for paediatric patients***

Methotrexate plays a key role in the management of Children with JIA. Methotrexate is offered as either an oral medication (tablet or suspension) or a subcutaneous injection via a pen device. The team at Noah's Ark Children's Hospital for Wales advocate shared decision making with the patients and their families, and the subcutaneous formulation is often the preferred choice.

At Noah's Ark Children's Hospital for Wales the Rheumatology team are able to offer patients a choice of delivery device for subcutaneous Methotrexate. Patients who decided on the Nordimet® pen device have given feedback to the team that the pen was easy to use and some teenagers reported the look of the pen has helped with some psychological issues of administering the medication.

Nordimet's® innovative double click mechanism and compact design may also contribute to the appeal of the device. It is activated in two simple steps, is intuitive for patients new to self injection and simple for existing S/C MTX users.<sup>4-6</sup>

**Please note: Nordimet® is indicated for the treatment of polyarthritic forms of severe, active juvenile idiopathic arthritis (JIA), when the response to non-steroidal anti-inflammatory drugs (NSAIDs) has been inadequate.<sup>4</sup>**

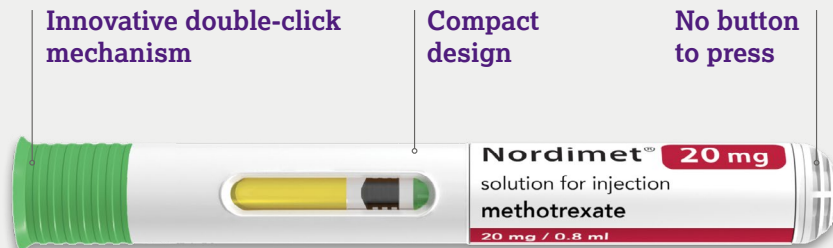
At Noah's Ark Children's Hospital, patients attend clinic to be trained on how to administer their medication; however in other areas, patients can also be trained in the community setting. Fiona believes that face-to-face training is the most appropriate way to teach parents/patients how to administer their medication as it ensures health and safety guidance is followed using the Royal College of Nursing competency framework. This training should be undertaken by a nurse with paediatric rheumatology expertise.

**Please note: Patients must be educated and trained in the proper injection technique when self-administering methotrexate. The first injection of Nordimet® should be performed under direct medical supervision.<sup>4</sup>**

## ***Considerations for choosing Nordimet®***

- Nordimet® has audible, tactile and visual dosing indicators for confidence with every dose
  - A simple 2-step activation process with no button to press facilitates administration when dexterity/functional impairment make pressing a button difficult<sup>5,7</sup>
  - An innovative mechanism delivering a click and gentle vibration at the start and end of the injection process, along with a viewing window, provide indications of injection progress
  - A compact pen shape may help minimise handling problems
  - The Pen design hides the needle from start to finish of administration, which may help with needle phobia
- Training in self-administration can empower patients and help them take control of their treatment
- To access a range of supporting resources and videos please visit [Nordimet.co.uk](http://Nordimet.co.uk)

# Nordimet® – empowering your patients with a choice



**75%**  
of Metoject®  
users found  
Nordimet® easier  
to use<sup>\*,7</sup>

**95%**  
of patients new  
to self-injection  
self-trained  
successfully with  
Nordimet®<sup>\*\*,5</sup>

**74%**  
of MTX users who  
switched from  
Metoject® to Nordimet®  
were happy to switch  
without a nurse  
appointment<sup>\*\*\*,8</sup>

\*Survey conducted by IPSOS Healthcare in France, Ireland, Spain and UK, involving face-to-face interviews with 100 patients with moderate to severe RA, using either Nordimet® (n=35) or Metoject® (n=65) >1 month. The first phase included patient evaluation and rating of satisfaction with their current device. This was followed by a crossover phase, where they evaluated the other, unfamiliar device after receiving information, watching a demonstration and performing simulated injections.

\*\*Usability study of 42 patients with RA and nurses/carers. Usability based on a questionnaire with an adjusted five-point Likert scale.

\*\*\*Study of 33 patients who were administering SC MTX using a button-activated device and invited to change to Nordimet®. Patients were given the choice to self-train using the Nordimet® training video or instruction from a rheumatology nurse.

**Abbreviations:** MTX, methotrexate; RA, rheumatoid arthritis; SC, subcutaneous.  
Metoject® is a registered trademark of Medac GmbH.

**References:**

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